

## ABSTRACT OF THE DISCLOSURE

A sole of a shoe has a recessed or depressed portion to receive a pair of sesamoid bones protruding the undersurface of a foot wearing the shoe.

The shoe sole may be an attached part of the shoe or a piece separable from  
5 the shoe. The depth of the depressed portion is about 2 mm. A sole of a shoe may have an aperture, instead of a recessed portion, to receive a pair of sesamoid bones.